



2021

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Your Centre's NEWS



We've made it to Chapter 12 of our year story. Looking back on the year, what we've been through, what we've

learned, and taking those memories forward. Or hopefully, remember not to make the same mistakes again. I think I'll never know—lol.

We don't know if we will experience other lockdowns and the uncertainty of what the year may unfold. But reflecting on our 12-chapter story—sorting through everything that's happened (and it's been a lot) we can prepare ourselves for whatever we may face in 2022.

The Centre will be closed from Monday, December 20—Friday, December 31 (inclusive), opening Monday, January 3 for the regularly scheduled activities. So take the time to pause, reflect and untangle your thoughts moving into the new year.

Let's pat ourselves on the back because we are living in real-time history. But I am getting tired of living in a historical event.

It's nice to see everyone now that we are somewhat back to in-person activities. It's like we had a very, very long weekend in 2020 lasting at least 150 days! 2021 was not much better with a long weekend of 240 days!

Merry Christmas and a Happy New Year!



If you haven't received your 2021-2022 membership card or your parking pass, please ask for either at the office.

We have been lucky so far that the snow has held off. But 'tis the season, and one never knows when we will be graced with its presence. Therefore, we are asking for your cooperation to bring indoor shoes to change into when attending activities, especially on the upper level. We are trying to maintain a clean, safe (free of gravel/sand) and sanitized activity environment upstairs.

Your safety is of the utmost importance while attending activities at the Centre.

We will continue to ask for proof of being double vaccinated, showing your current status. If you would like a wallet-size proof of vaccination QR code, please make an appointment with the office to assist you in downloading your QR code and make sure to bring your Health Card.

The calendar on the back page takes in the first two weeks of January. If there are any revisions for January, I will be sending an update in the New Year.





Enjoy a season of **social connection** at Chartwell

This winter, would you benefit from a safe and social atmosphere where you can access support from friendly staff when you need it?



Chartwell's Winter Stay program offers **short-term accommodation with personalized services** such as dining, housekeeping, lifestyle and fitness experiences, and optional care support. And the best part? Our staff are on-site 24/7 so you or a loved one **never have to feel alone.**

Book your Winter Stay at a Chartwell residence in your neighbourhood today to enjoy a season of safety and social connection.



CHARTWELL PINWOOD
1022 Pembroke St. E., Pembroke
(613) 775 5006 • chartwell.com

CHARTWELL PEMBROKE HERITAGE
1111 Pembroke St. W., Pembroke
613-775-5009 • Chartwell.com



BOOK CLUB

Are you interested in joining the group **January 19th at 1:30 p.m.?** New readers and participation are welcomed!

MONTH <i>Chairperson</i>	TITLE	AUTHOR	GENRE	SYNOPSIS
<i>December</i>	----- No Meeting -----			
January <i>Pat W.</i>	People of the Book	Geraldine Brooks	Historical Fiction	“People of the Book” which fictionalizes the history of the real-life Sarajevo Haggadah, leaping back and forth between the contemporary era where conservator Hanna Heath investigates the Haggadah, and the past, which details the Haggadah’s history.
February <i>Linda L.</i>	Tell Anna She’s Safe	Brenda Missen	Fiction	Based on a true story, <i>Tell Anna She’s Safe</i> tells the tale of two women, one missing, the other searching for her. Driving alongside West Quebec’s Gatineau River near her home one April afternoon, researcher Ellen McGinn spots a parked car that looks like it might belong to her friend and colleague, Lucy Stockman. Lucy, a freelance writer, lives in nearby Ottawa. Shortly after arriving home, Ellen receives a phone call from Lucy’s common-law partner: Lucy has disappeared.



The Community Volunteer Income tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency (CRA). As a community

organization, the Centre will be registering as a host **free** tax clinic. Would you like to help people in your community? Do you have a basic understanding of income tax? If you are interested in becoming a CVITP volunteer, please call the Centre for more information or to leave your name. Volunteers do not have to be a member of the Centre. Thank you to those who have come forward and have volunteered already.

Tai Chi

Beginner Tai Chi will resume on Wednesday January 5 @ 10:30 a.m.

If you missed the start of the class, here is your opportunity to try out this form of exercise.

Friday tai Chi class continues at 10:30 a.m.

Thank you to all of the volunteer Wednesday and Friday Tai Chi leaders for sharing their leadership to the Centre!

IT'S
BEGINNING
to look
a lot like
Christmas



SNOWANGELS

Snow Angels is a tool to connect those in need of assistance with shoveling snow to those who are willing and able to do it

Snow Angels Canada was the result of an idea that Lincoln McCardle had in early 2015 and brought to fruition through hard work and kindred spirits. Many municipalities and organizations already offered similar tools to allow neighbours to help each other with snow removal, however they are often prohibitively expensive. Snow Angels is simply an alternative, a community-fueled tool to connect neighbours to their neighbourhood.

Snow Angels Canada started as an experiment in kindness: a way for residents to request assistance shoveling or to find others in need of assistance. The program is now nationwide and in Pembroke!

To sign up for assistance or to become a volunteer please visit <https://snowangelscanada.ca/>

If you don't have access to a computer or internet access, you may visit or call the Pembroke public Library for assistance to sign up for the Snow Angel program.

There is no cost involved as the "Snow Angels" have volunteered to do it and you are under no obligation to tip them or provide any remuneration. A heartfelt 'thank you' might be nice though.



The final chapter of our year long story!

Chapter 12 of 12! We did it!



January's 8 week oil painting session begins Monday January 10 & Tuesday January 11 2022! Both sessions will be at 9:30 a.m. with a capacity limit of 10 students each day. A consideration is given to compensate for cancelled sessions in case of inclement weather.

In case of inclement weather for either yourself or Helen to travel, the decision to close will be made early in the morning. Every effort will be made to contact you either by email, notice on the Centre's FaceBook page, website and an cancellation announcement on the local radio stations. You may also call the Centre as the phone message will be updated to reflect any closures.

Don't forget to bring a table top easel and your vaccination receipt showing the complete series or 14 days after your last dose.

The **Peer Watercolourists** get together on Thursday afternoons at 12:30 p.m. to share ideas and socialize.

Please note COVID preventative measures are in place—i.e. wearing a mask, contact tracing information, social distancing and frequent hand washing and hand sanitizer. Don't forget to bring your double vaccination receipt with you to sign in.





Christmas Morning Casserole

We've made it through a year with pandemic baking. This will be the

last recipe. Hope you enjoyed reading and possibly making the recipe of the month. If anyone wishes to submit a recipe for future editions, please email it to the Centre (pembrokeactivelivingcentre@cogeco.net) This Christmas morning casserole is a life saver in my house and is great for a special brunch any time of the year.

Ingredients:

- 6 cups day old bread and cubed.
- 2 cups shredded cheddar cheese
- 6 large eggs, slightly beaten
- 3 cups 2% milk
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 bacon strips, cooked and crumbled (you may substitute ham)
- Diced onions to taste
- Green onions for garnish

Directions:

1. Grease a 13 x 9 baking dish, combine the bread, bacon and cheese,
2. In a large bowl whisk together eggs, milk, ground mustard. Pour over casserole.
3. Cover and refrigerate overnight.
4. Remove from the refrigerator 30 minutes before baking. Bake, uncovered at 350* until a knife inserted in the center comes out clean, 50-55 minutes. Let stand 10 minutes before serving.



Holiday Hours

The Centre will be closed Monday December 20, 2021 to January 1, 2022; reopening January 3 at 9 a.m.

From my house to yours, Merry Christmas and Happy 2022 New Year!



The Centre has a Keurig coffee machine to make individual cups of coffee. Please feel free to bring in a pod to make yourself a cup of coffee.



Now that we have in-person activities and programs, the Centre will only offer Tuesday's Mindful Meditation with Paul on Tuesdays at 1 p.m.

If we find ourselves in another situation as in 2020, we will schedule weekly SCWW programming.

Thank you to everyone who called in to those who provided presentations and the volunteers who facilitated a program.



November 15th was a cool, cloudy **day**, but we walked **anyway!** It was a day of finding treasures as we travelled west on the Algonquin Trail, and once again this month, we encountered some wildlife.

To the right of the trail, in a grassy field, we spotted a nomadic herd of caribou. The hunter in our group quickly clarified the herd was not reindeer but caribou as he had just returned from a hunting trip and knew what a deer looks like! I do suspect, though, we will see the reindeer next month in December! Along the walk, we found several treasures, including an electrical light, skateboard and a white gold flamingo multi diamond key chain worth big bucks!! We all agreed this would become our group mascot, and we would **NOT** sell it unless we became desperate for cash. So for December, we will display it at the Centre so all can enjoy its beauty. We broke our previous record and clocked in with a 7.5 km walk. **Yeah us!**

November 22nd - We strayed from the Algonquin trail this time and hoofed our way down the Petawawa Terrace Trail. A very sunny, delightful day as we walked on well-groomed trails. Except for the quicksand we encountered on the lower ridge, it was an almost perfect day. The quick actions of our experienced pole walkers saved us from nasty soakers as they skillfully guided us through the bog. It was a quiet day for wildlife on the trail. Other than our bird expert spotting a very rare Madagascar pochard (*no eating that duck*), well she said that was what it was, so we didn't dispute her well-respected expertise but come to think about it I am not so sure she knows what she is talking about! A very relaxing walk, so relaxing we all decided to get together again in December.



December 6, 2021 - Join us for another adventure walk; we are going to the Westmeath Provincial Park trail at **1:00**

pm. The trail is on Westmeath Road, and you will see the green Provincial Park sign on the left when you are coming from Pembroke. There is field parking available on the left side of the park road. The trail is wide and easily walked, there is a slight incline, but since we are slowpokes, you will have no trouble keeping up!! For those who have the Christmas Spirit and started your baking, please note that all snacks are welcome!!! Hope to see you there as this will be our last 2021 outing. From our happy walking group, **we wish you a Merry Christmas and safe travels!**

Reminders- wear appropriate shoes and come prepared for seasonal weather!

Pre-registration is NOT required; show up and bring a friend. If we need to cancel the walk due to weather, please call the Centre to confirm.

COVID-19 protocols require participants to sign in and answer the screening questions at the start of the walk.

If you require walking poles, you may call the Centre to make arrangements to sign out a set before the walk.

Thanks, Kathy, for your updates on the wildlife you encounter and the treasures you find. The walks certainly bring out the imagination of the participants! So keep walking, talking and sharing your experiences! We can't wait to hear what exotic wildlife you will encounter or priceless artefacts the group will find.





B.A.S.S.I.C. produces the Safe Seniors calendar (Bringing Awareness of Senior Safety Issues to the Community); it offers tips and suggestions on how seniors can keep safe in their homes and communities. The Insurance Bureau of Canada proudly sponsors the calendars.

A limited supply of Safe Seniors Calendars is available at the Centre, made possible by Perri-Rae Boell, the local “The Co-Operators” insurance agency owner.

If you would like a calendar, please ask for one at the office.

Thank you, Perri-Rae!



Daily Activity Donation

The Board thanks everyone for their continued support in purchasing memberships and donations instead

of the daily activity fee.

Some activities are formally collecting this fee, and thank you for continuing this practice!

For activities that are not collecting, a “collection bucket” (lack of a better word) will be available on the ledge of the office door to deposit your daily donation of \$1.00 on your way to your activity. Thank you for your continued support!



The daily exercise classes are expanding effective January 3, 2022!

- Monday 9 a.m.—Active Fit
- Tuesday 10 a.m.—Low Mobility
- Wednesday 9 a.m.—Active Fit
- **Thursday 9 a.m.—Active Fit**
- **Friday 8:30 a.m.—Functional Fitness**
- **9:30 a.m.—10:15 a.m. Low Mobility**

Classes will continue on Zoom at the times indicated. If you do not have the link to join, don't hesitate to contact the office and email it to you.

Thank you to our exercise leaders: Connie Daiken, Lynn Miller, Deb Brown, Sheila Moeller, and IT/Zoom support Gary McKay.



Are you looking for a gift idea? Why not purchase a gift certificate for a 2022-2023 membership to the Centre for that someone special. It only costs \$25.00 and it is a gift that keeps on giving all year round!





A rising tsunami of mental health and addictions issues. Isolation epidemic. Fraying of social fabric. Frantically busy helplines. Whatever we name it, whatever the headlines call it, evidence abounds of the impacts of COVID-19 on people’s mental and physical wellbeing, and how significant the resulting challenges will be as we emerge from the acute stages of spread of the deadly virus. Among older adults, there’s rising awareness that measures taken to protect older people from the virus – isolation, lack of physical contact, loss of communal gathering spaces, reliance on unfamiliar technology – have also taken significant tolls on their mental, cognitive, and physical health, and will require deliberate and coordinated actions at the local level to help people reconnect – to services, to community, and to each other.

This is why we’re excited to share with you that the Alliance for Healthier Communities, which led the way with our member health organizations to introduce social prescribing as a concept to Ontario, is partnering with the Older Adult Centres’ Association of Ontario (OACAO). The partnership is called **Links2Wellbeing**, a project designed to help connect socially isolated older adults with community programs and services offered by Seniors Active Living Centres (SALCs) across Ontario, available through people’s primary health care providers. Physicians and nurse practitioners, alongside other providers, will work over the three-year project to further develop the framework by which they “prescribe” and refer older adults to a range of tailored, non-clinical services available through their local Seniors Active Living Centre.

The process of social prescribing recognizes that not all health and wellbeing needs are primarily medical in nature, and the process of social prescribing aims to address people’s needs in holistic ways. For older adults emerging from the pandemic, these supported connections to community services are vital to ensure people can truly have more control of their own health and wellbeing again.

“During our social prescribing pilot program, we found that people were really able to co-create and connect with programs and supports that decreased their sense of loneliness significantly. With Links2Wellbeing, we hope to build on what we’ve learned and focus on connecting older adults to their communities in new ways, with an increased sense of belonging.” - Sarah Hobbs, CEO, Alliance for Healthier Communities

“Our experience with social prescribing has demonstrated the benefits of referring older adults to their local Seniors Active Living Centres (SALCs). They meet with a peer volunteer to determine which programs are of most interest to them. It is empowering to make those decisions while creating a strong sense of belonging in their communities. Given the levels of isolation we have witnessed over the past year, it is critical we listen closely to our older adults.”

- Sue Hesjedahl, Executive Director, Older Adult Centres' Association of Ontario





Many older adults experience loneliness and isolation. Participating in social activities can have a positive effect on their health and wellbeing. Social prescribing makes it easier for people to connect to others in their community. Social prescribing happens when a doctor, nurse practitioner or other PCO prescribes social activities for older adults who would benefit from more opportunities to meet others and to participate in activities.

The overall goal of this project is to increase the participation of older adults in social activities by connecting them to their local older adult centre on the recommendation (social prescription) of Primary Healthcare Providers (PCPs). These referrals may come to the centre from the Community Health Centre (CHC) in their community as well as from other PCPs such as Family Health Teams, solo physicians and community paramedics. After the older adult is referred to the centre, the Volunteer Link Ambassador (VLA) will meet with him/her, complete the client Intake form and help to connect the older adult to programs and services to suit their interests.

The Centre began this project in January 2020 with great success in reaching out to individuals prescribed to Social Inclusion through Social Rx Centre's program.

Once again, we are looking at expanding our volunteer link ambassadors. Is this something that you are interested in?

Time commitment and availability: Based on project needs, number of clients referred and may vary depending on whether the VLA is meeting with clients virtually or in person.

Location: *(please add your centre's address/location here)*

Knowledge required:

Comprehensive knowledge about the centre's programs and services

Skills required:

- Excellent oral, written and interpersonal communication skills
- Self-motivated and able to work independently
- Reliable with good organizational skills
- Good listening and interview skills to assist with matching older adults and programs
- Experience with computers and virtual applications (e.g. Zoom) is an asset

Responsibilities:

- Meet with the centre's designated employee/volunteer to understand who the client will be and his/her interests in being part of the centre.
- Meet with the potential client (online or by phone) to complete the client intake form and to explore specific areas of interest
- Match client with programs of interest and/or other services offered by the centre
- Follow up with the client at intervals outlined in the client intake form and potentially accompany him/her to a program (e.g. online, by phone and/or in person)
- Ongoing contact with the centre designate about the project and participant needs and interests
- Other duties as required

Contact information/Instructions on how to apply: Contact Arlene @ 613-735-1226 for more information.

December 2021/ January 2022

For the Tuesday Meditation SCWW program please dial 1-866-279-1594 and enter code 179769 followed by the # key
Zoom Exercises & presentations links will be available by email prior to event to event

Mon	Tue	Wed	Thu	Fri
		1 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 P.M. Carpet Bowling	2 9 a.m. Functional Fitness 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	3 9 a.m. Active Fit 50+ 10:30 a.m. Tai Chi
6 9 a.m. Active Fit 50+ 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 pm Walk n Talk	7 9:30 a.m. Oil Painting 10 a.m. Low Impact 1 p.m. SCWW Meditation 1:15 p.m. Duplicate Bridge	8 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 P.M. Carpet Bowling 1 p.m. Darts	9 9 a.m. Functional Fitness 12:30 p.m. Watercolours 1 p.m. Bid Euchre	10 9 a.m. Active Fit 50+ 10:30 a.m. Tai Chi
13 9 a.m. Active Fit 50+ 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	14 9:30 a.m. Oil Painting 10 a.m. Low Impact 1 p.m. SCWW Meditation 1:15 p.m. Duplicate Bridge	15 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 P.M. Carpet Bowling 1 p.m. Darts	16 9 a.m. Functional Fitness 12:30 p.m. Watercolours 1 p.m. Bid Euchre	17 9 a.m. Active Fit 50+ 10:30 a.m. Tai Chi
20 Centre Closed	21 Centre Closed	22 Centre Closed	23 Centre Closed	24 Centre Closed Merry Christmas
27 Centre Closed	28 Centre Closed	29 Centre Closed	30 Centre Closed	31 Centre Closed Happy New Year!
January 3, 2022 9 a.m. Active Fit 50+ 10:30 a.m. Line Dancing	January 4, 2022 9:30 a.m. Oil Painting 10 a.m. Low Impact 1 p.m. SCWW Meditation 1:15 p.m. Duplicate Bridge	January 5, 2022 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 P.M. Carpet Bowling 1 p.m. Darts	January 6, 2022 9 a.m. Active Fit 50+ 12:30 p.m. Watercolours 1 p.m. Bid Euchre	January 7, 2022 8:30 a.m. Functional Fitness 9:30 a.m.—10:15 a.m. Low Mobility 10:30 a.m. Tai Chi
January 10 9 a.m. Active Fit 50+ 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	11 9:30 a.m. Oil Painting 10 a.m. Low Impact 1 p.m. SCWW Meditation 1:15 p.m. Duplicate Bridge	12 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 P.M. Carpet Bowling 1 p.m. Darts	13 9 a.m. Active Fit 50+ 12:30 p.m. Watercolours 1 p.m. Bid Euchre	14 8:30 a.m. Functional Fitness 9:30 a.m.—10:15 a.m. Low Mobility 10:30 a.m. Tai Chi